

# THE UPSIDE OF OUTSIDE

SUMMER 2016 ACTIVITY & PROGRAM GUIDE



[SDPARKS.ORG](http://SDPARKS.ORG) | 858-694-3030



# special events

## FIRE AWARENESS



**FELICITA COUNTY PARK**  
724 CLARENCE LANE  
ESCONDIDO 92025 | 760-745-4379

### Fire Awareness Day

Join park staff for a fun, educational and hands-on experience with local firefighters! CAL FIRE or a crew from Escondido Fire will be on site with an in-service engine to demonstrate all of the tricks and tools of the trade. Visitors will learn how to be fire safe and how to protect property.

**Date:** Saturday, July 30  
**Time:** 1 – 3 p.m.  
**Fee:** \$3 parking fee  
**Age:** All



**LAKE MORENA REGIONAL PARK**  
2550 LAKE MORENA DRIVE  
CAMPO 91906 | 619-579-4101

### CAL FIRE Family Day

Join park staff for a fun and educational event featuring local firefighters! Smokey Bear will be on site along with representatives from CAL FIRE. Explore an in-service fire engine and learn some of the tricks of the trade from the experts themselves. All participants will learn how to be fire safe, and what steps they can take to protect their properties from wildfires. There will be ample photo opportunities. Consider wearing a bathing suit and bringing a towel in the event that CAL FIRE sprays water (drought permitting)!

**Date:** Saturdays, July 9, August 20  
**Time:** 2:30 – 3:30 p.m.  
**Fee:** Free for campers/\$3 parking fee  
**Age:** All

**LOUIS A. STELZER COUNTY PARK**  
11470 WILDCAT CANYON ROAD  
LAKESIDE 92040 | 619-561-0580

### Volunteer Work Party

Looking for a chance to give back to your local park? Work alongside a park ranger to help keep Stelzer safe and beautiful. Projects will take place inside the park and along trails. This is a great community service opportunity for scout troops, youth groups, meet-up groups, students and other individuals. All participants will be asked to sign a waiver.

**Date:** Saturdays  
**Time:** 9 – 11 a.m.  
**Fee:** \$3 parking fee  
**Age:** All



**SAN ELIJO LAGOON NATURE CENTER**  
2710 MANCHESTER AVENUE  
CARDIFF 92007 | 760-634-3026

### Sunday Family Fun Day

Pack up the kids and head over to San Elijo Lagoon Nature Center to join us for some fun, nature-themed crafts and activities featuring the TRACK Trails program! Topics vary by month so there is always something new to discover. The whole family will enjoy exploring the exhibits at the nature center and meandering along the loop trail. And don't forget: there are tables and chairs upstairs on the observation deck that are perfect for picnics. Donations accepted.

**Date:** 1st Sunday of every month  
**Time:** 11:30 a.m. – 1:30 p.m.  
**Fee:** Free  
**Age:** All





## WATERFRONT PARK

1600 PACIFIC HIGHWAY

SAN DIEGO 92101

619-232-PARK

### Kickoff to Summer

Bring the whole family to the Waterfront Park on Father's Day for our Kickoff to Summer! Enjoy live music and entertainment, interactive games, food trucks, bounce house fun and so much more...

Date: Sunday, June 19

Time: 12 – 4 p.m.

Fee: Free

Age: All



### Hullabaloo on the Waterfront

All ages will enjoy a special evening of singing and dancing at Waterfront Park! Hullabaloo is a free-range, organic, folk concert featuring a foot-stomping, wing-flapping celebration of song designated for kids that honors and entertains all! Meet at Civic Green 5.

Date: Sundays, July 31, August 28

Time: 6 – 7 p.m.

Fee: Free

Age: All



## headquarters

5500 Overland Ave., Suite 410

San Diego, CA 92123

858-694-3030 • [sdparks.org](http://sdparks.org)

## vision

A park and recreation system that is the pride of San Diego County

## mission statement

We enhance the quality of life in San Diego County by providing opportunities for high-level parks and recreation experiences, and preserving regionally significant natural and cultural resources.

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# trails



## **EL CAPITAN PRESERVE** 13775 BLUE SKY RANCH ROAD LAKESIDE 92040 | 619-561-0580

### **El Capitan Extreme Hiking Challenge**

Are you ready for the CHALLENGE? El Capitan is arguably one of the most rugged and difficult trails in San Diego County. Bring a gallon of water and snacks, and wear sturdy shoes, a hat and sunscreen for this very difficult 7-hour, 12-mile round-trip hike up to the top of El Cajon Mountain. Be prepared for several thousands of feet of elevation gain and loss on very steep and slippery sections of trail. Rangers will meet in the El Capitan Preserve parking lot every Saturday at 8 a.m. in June and July, if you'd like to join them. Please dress in layers, wear sturdy shoes and bring water. Inclement weather will cancel this event.

**NOTE:** El Capitan Preserve is closed in August due to extreme heat.

**Date:** Saturdays  
**Time:** 9 a.m. – 4 p.m.  
**Fee:** Free  
**Age:** All

## **FLINN SPRINGS COUNTY PARK** 14787 OLD HIGHWAY 80 EL CAJON 92021 | 619-561-0180

### **What is the Multiple Species Conservation Program?**

Join Ranger Patty on a easy hike through the open spaces of Flinn Springs County Park to discover signs of wildlife. Please dress in layers, wear sunscreen and bring water. Meet at the wedding gazebo.

**Date:** Sundays, June 19, July 16  
**Time:** 9:30 – 11 a.m.  
**Fee:** \$3 parking fee  
**Age:** All

## **MT. GOWER PRESERVE** 17090 GUNN STAGE ROAD RAMONA 92065 | 760-788-3326

### **Hike Swartz Canyon**

Hike Swartz Canyon Trail with a docent! You'll head south east on this moderate 4-mile hike to Teepee Rock to a viewpoint overlooking San Diego County Estates. Meet at the Mt. Gower staging area. Please dress in layers, wear sturdy shoes and bring water. Inclement weather will cancel this event.

**Date:** Saturdays, June 4, June 18  
July 9, July 23  
**Time:** 8 – 11 a.m.  
**Fee:** Free  
**Age:** All







**OAKOASIS PRESERVE**  
12620 WILDCAT CANYON ROAD  
LAKESIDE 92040 | 619-561-0580

**Oak oasis Sunday Stroll**

This is a nice and moderately challenging walking opportunity that the whole family can enjoy. Be prepared for a few hundred feet of elevation gain and loss on a dirt trail that is a steep and slippery in some areas. Please dress in layers, wear sturdy shoes and bring water for this 3-mile loop that features fantastic overviews of San Vicente Reservoir.

Date: Sundays  
Time: 3 – 4 p.m.  
Fee: Free  
Age: All



**SANTA YSABEL EAST PRESERVE**  
500 FARMER ROAD  
JULIAN 92036 | 760-765-4098



**History Walk and Talk**

Join park staff on a hike through the back trails of Santa Ysabel East Preserve. Learn about the history of this area while visiting parts of the preserve that are usually closed to the public. This 7-mile hike includes some hills! Please dress in layers, wear sturdy shoes and bring water. Inclement weather will cancel this event. Meet at the Farmer Road staging area.

Date: Saturday, June 4  
Time: 9 a.m. – 1 p.m.  
Fee: Free  
Age: All

**SANTA YSABEL EAST PRESERVE (CONT.)**

**Flower Hike**

They're blooming! Trek through Santa Ysabel East Preserve to view the wildflowers with Ranger Bobbi. This is a 7-mile trip via the Kanaka Loop Trail. Meet at the kiosk in the staging area off Farmer Road. Please dress in layers, wear sturdy shoes and bring water. Inclement weather will cancel this event.

Date: Sundays, June 12, 26  
Time: 9 a.m. – 1 p.m.  
Fee: Free  
Age: All



**Kanaka Flat Sunset Hike**

Join Ranger Bill on a sunset hike around Kanaka Flat in the East Preserve. We'll talk about the area history, plants and wildlife, and take in the sights and sounds of this beautiful preserve during the twilight hours. Meet at the Farmer Road staging area. Please dress in layers, wear sturdy shoes and bring water and a flashlight. Dogs are allowed but must be leashed.

Date: Saturday, June 25  
Time: 6 – 9 p.m.  
Fee: Free  
Age: All



**SANTA YSABEL WEST PRESERVE**  
23000 HIGHWAY 78  
SANTA YSABEL 92070 | 760-765-4098

**Back Trails Hike at Santa Ysabel West**

Join Ranger Bill on a hike through the back trails of Santa Ysabel West Preserve. Learn about the history of this area while visiting parts of the preserve that are usually closed to the public. This is a moderate-to-strenuous 7-mile hike with plenty of hills! Please dress in layers, wear sturdy shoes and bring water. Inclement weather will cancel this event.

Date: Saturday, June 11  
Time: 9 a.m. – 2 p.m.  
Fee: Free  
Age: All



# trails



**TIJUANA RIVER VALLEY REGIONAL PARK**  
2721 MONUMENT ROAD  
SAN DIEGO 92154 | 619-428-2946

**VOLCAN MOUNTAIN WILDERNESS PRESERVE**  
1209 FARMER ROAD  
JULIAN 92036 | 760-765-4098

## Bird and Butterfly Nature Walk

This is a 1-hour, docent-led nature walk through the Tijuana River Valley Regional Park Bird & Butterfly Garden. Follow along as a park expert points out the different types of butterflies and birds that can be seen at the garden. Visitors will be encouraged to ask questions and impart their own knowledge on the topic. Binoculars and cameras are encouraged. Meet at the Garden entrance at 2310 Hollister Avenue.

Date: Sunday, June 12  
Time: 11 a.m. – 12 p.m.  
Fee: Free  
Age: All

## Volcan Summit Sunset Hike

Hike the Five Oaks Trail! Enjoy a birds-eye view of Julian, where on a clear day you can see downtown San Diego and the islands off the coast of Mexico. Ranger Bill will share details about the history and geography of the area for the 2-mile trek (1,000-foot climb) to the summit. Snap a few photos and then hike back down by the light of the waxing moon (and your flashlight)! Please dress in layers, wear sturdy shoes and bring water. Inclement weather will cancel this event.

Date: Saturday, August 13  
Time: 5:30 – 9:30 p.m.  
Fee: Free  
Age: All



## CHECK OUT A TRACK TRAIL

The TRACK Trail program is a nationwide network of outdoor adventures for kids. Adventure seekers earn rewards online for visiting parks and learning about the local environment. Visit all three TRACK Trail locations:



**Lindo Lake County Park**  
12660 Lindo Ln.  
Lakeside, CA 92040



**Louis A. Stelzer County Park**  
11470 Wildcat Canyon Rd.  
Lakeside, CA 92040



**San Elijo Lagoon Nature Ctr.**  
2710 Manchester Ave.  
Cardiff, CA 92007

Spend some time in sunshine! Discover local wildlife! Learn about native habitats and what we're doing to protect them! Activities along the trail are both fun and informative.

All ages and abilities are welcome.

**SAN DIEGO COUNTY PARKS AND RECREATION**  
877-565-3600 • [sdparks.org](http://sdparks.org) • [kidsinparks.com](http://kidsinparks.com)





# INDEPENDENCE DAY ACTIVITY



## Fireworks and Star Gazing from Volcan Summit



Hike to the Volcan Summit to watch the sunset, and hang out until the 4th of July fireworks light up the night sky! Enjoy being outside in the fresh mountain air for this 7-mile round-trip hike and viewing party. Please dress in layers, wear sturdy shoes and bring water and

bring a fully charged flashlight for the hike back down. While all ages are welcome, please be advised that this is considered a strenuous hike. Inclement weather will cancel this event.

Date: Monday, July 4 Time: 6 – 10 p.m.  
Fee: Free Age: All



## HONORING OUR CHAMPIONS





In the spirit of environmental stewardship and promoting healthy, active lifestyles, the County of San Diego Department of Parks and Recreation is proud to introduce the Parks and Recreation Champion Awards. Champions are people who have made a difference in local parks, preserves and community programs throughout the County of San Diego. They can be coaches, docents, historians, volunteers, advocates, representatives or council members – as long as the work that's being submitted for consideration is not part of their day-to-day job. They can also work for an entity that's outside of the County's land jurisdiction. This is an opportunity to celebrate the selfless efforts of individuals who strive to bring positive change to the world around them.

The call for nominations ran April 27 to May 27, which means voting takes place in June! We'll highlight the top three candidates on our social channels, as well as on [sdparks.org](http://sdparks.org). It's up to you to pick the BEST nominee to win this prestigious local award.

Mark your calendars; voting takes place June 6 to July 1. Winners will be announced in July (Parks and Recreation Month) at a special celebration.

[sdparks.org](http://sdparks.org)



 @CountyofSanDiegoParksandRecreation  
 @sandiegoparks  
 @countyofsan diego  
 @sdcounty parks





# education & enrichment



## DOS PICOS COUNTY PARK

17953 DOS PICOS ROAD

RAMONA 92065 | 760-789-2220

### Oak Talk and Walk – Plus Crafts!

Learn about the oaks at Dos Picos County Park! Take a walk with your guide to discover interesting facts about Ramona's majestic oak tree population. You'll collect items along the way... then, meet at the amphitheater to build your own forest! Donations accepted.

Date: Saturday, June 18

Time: 10 a.m. – 12 p.m.

Fee: Free for campers/\$3 parking fee

Age: All

### Animals! Workshop

This fun and educational event explains the basics of local animals like bobcats, barn owls and coyotes. Guests will also get a unique opportunity to meet Alice the Rosy Boa, and Olivia the Guinea Pig!



Date: Saturdays, June 25, July 30, August 27

Time: 2 – 3 p.m.

Fee: Free for campers/\$3 parking fee

Age: All

### Cooking with Iron

Have you ever wondered how the pioneers cooked? And with what? Join your instructor around the campfire to learn what it means to cook the old-fashioned way. You'll get information on how to prepare and maintain cast iron cookware, and enjoy samples of tasty camping foods! Donations accepted.

Date: Saturday, July 2

Time: 4 – 6 p.m.

Fee: Free for campers/\$3 parking fee

Age: All

### Trivet Craft

A what? A trivet. You know, that thing you put under a hot plate or pot so you don't burn the table? This is your chance to make your very own one-of-a-kind, handy kitchen item. We've got the materials covered; just bring yourself and a little creativity! Donations accepted.

Date: Saturday, August 13

Time: 10 a.m. – 12 p.m.

Fee: Free for campers/\$3 parking fee

Age: All



## FELICITA COUNTY PARK

742 CLARENCE LANE

ESCONDIDO 92025 | 760-745-4379

### Wildlife in the Park

Project Wildlife will be visiting Felicitia through a wildlife ambassador! Get an informative, up-close presentation on animals from a knowledgeable expert and see a barn owl, red-shouldered hawk, merlin falcon or other raptors, first-hand! The event is fun for the whole family.



Date: Saturday, June 11

Time: 1 – 2 p.m.

Fee: \$3 parking fee

Age: All

## FLINN SPRINGS COUNTY PARK

14787 OLD HIGHWAY 80

EL CAJON 92021 | 619-561-0180

### Touch Table Education

Join us at our touch table where you will be introduced to live and taxidermied animals that are found in our area. See things close-up, and learn all kinds of neat information! Meet across the first bridge next to the playground.

Date: Sundays, June 19, July 17, August 14

Time: 1 – 3 p.m.

Fee: \$3 parking fee

Age: All



## LAKE MORENA REGIONAL PARK

2550 LAKE MORENA DRIVE

CAMPO 91906 | 619-579-4101

### Basic Ecology for Families

Bring the whole family to learn about ecology in this interesting, 1-hour presentation on Lake Morena. Our esteemed speaker will show a PowerPoint before running an interactive session that will get everyone excited about environmental education.

Date: Saturday, June 4

Time: 4 – 5 p.m.

Fee: Free for campers/\$3 parking fee

Age: All



## LAKE MORENA REGIONAL PARK (CONT.)

### Awesome Raptors

Join Nancy Connie from Sky Hunters to view real, live raptors, and to discuss the characteristics of each.

Date: Saturdays, June 18, July 23  
Time: 3 – 4 p.m.  
Fee: Free for campers/\$3 parking fee  
Age: All

### Endangered Species

Federal Fish and Wildlife Interpretive Ranger Lisa Cox will be on site to discuss some of San Diego's endangered species and the local habitats they call home, along with sharing details about National Wildlife Refuges in the area.

Date: Saturday, July 30  
Time: 4 – 5 p.m.  
Fee: Free for campers/\$3 parking fee  
Age: All



### Co-existing with Wildlife

Project Wildlife will be visiting Lake Morena through a wildlife ambassador! Get an informative presentation on the environment, and learn how to respect and co-exist with local wildlife.

Date: Saturday, August 6  
Time: 4 – 5 p.m.  
Fee: Free for campers/\$3 parking fee  
Age: All

### Creepy, Crawly Insects and Bugs!

Insects and spiders are creepy, crawly and mysterious! Come alone or bring the whole family for an incredible program on bugs. Jim Berrian, Entomologist from the San Diego Natural History Museum, will stimulate your mind with information about the world that lives underneath your feet. Learn all about these species and their unique characteristics.

Date: Saturday, August 27  
Time: 7 – 8 p.m.  
Fee: Free for campers/\$3 parking fee  
Age: All



## LOUIS A. STELZER COUNTY PARK

11470 WILDCAT CANYON ROAD  
LAKESIDE 92040 | 619-561-0580

### Junior Rangers

Do you like science and nature? Meet park staff to learn about everything from birds and plants to geology and local history. Be prepared for a short hike! Wear sturdy shoes, sun protection and bring water. Programs and times are subject to change depending on the weather and ranger availability.

Date: Saturdays  
Time: 11 a.m. – 12 p.m.  
Fee: \$3 parking fee  
Age: Youth

### Fire Science Hike

Learn about the effects of wildfires to our local environment and the many habitats that exist in San Diego County. Find out how fire behaves and how it can change our parks and the animals that live in it. Retired member of the U.S. Forest Service, Vinny Bartalone, will share his expertise.

Date: Sundays, June 26, July 31, August 28  
Time: 10 – 11 a.m.  
Fee: \$3 parking fee  
Age: Youth

### Craft Time

Remember the fun of arts and crafts? Join park staff in making crafts you can keep, made from materials on site. A \$1 donation will be gratefully accepted to help cover the cost of craft supplies. Programs and times are subject to change depending on the weather and ranger availability.

Date: Saturdays  
Time: 1 – 2 p.m.  
Fee: \$3 parking fee  
Age: Youth



# education & enrichment

## LOUIS A. STELZER COUNTY PARK (CONT.)

### Juggling and Circus Arts

Learn how to juggle or walk the slackline... or both at the same time! Bring your own juggling props or use the provided clubs, balls, poi and batons. Ranger Alex will give beginner/intermediate lessons. This is a great opportunity for birthday parties, home school lessons, and anyone who wants to learn how to juggle. Wear closed-toe shoes. Programs and times are subject to change depending on the weather and ranger availability. For more info or to schedule a large group, call the park office.

Date: Saturdays  
Time: 4 – 5 p.m.  
Fee: \$3 parking fee  
Age: All



### RANCHO GUAJOME ADOBE

2210 N. SANTA FE AVENUE

OCEANSIDE 92083 | 760-724-4082

### Adobe Hike

During daylight hours, visitors can hike or ride a bike along Rancho Guajome's 1-mile multi-use trail, which connects to the adjacent City of Vista Sports Park. View wildlife like ring-necked pheasants, roadrunners and hawks up high, or willows, buckwheat and sage down below.

Date: Daily  
Time: 7 a.m. – 8 p.m.  
Fee: \$1 per student  
Age: Grades 3 – 5

## WILDERNESS GARDENS PRESERVE

14209 HIGHWAY 76

PALA 92059 | 760-742-1631

### A Look Back in Time

This easy-to-moderate 1.5-mile interpretive walk begins at the staging area and proceeds along the main trail. A ranger will speak about the first settlers of the early American period. Learn the geography, history and the ecosystem of the preserve. The hike will conclude at the ranger station with a tour of the museum.



Date: Saturdays, June 4, 18; July 2, 16  
Time: 10 a.m. – 12 p.m.  
Fee: \$3 parking fee  
Age: All



## WILLIAM HEISE COUNTY PARK

4945 HEISE PARK ROAD

JULIAN 92036 | 760-765-0650

### Gold Hill Musical

Join guest Celia Lawley for a 1-hour, fast-paced show where she sings, acts and plays instruments for the enjoyment of all ages! Adult volunteers can participate in a brief reader's theater, and children can volunteer for the miner's talent show.

Date: Saturdays, June 4, July 9, August 20  
Time: 3 – 4 p.m.  
Fee: Free for campers/\$3 parking fee  
Age: All



### Sky Hunters

Join a representative of the Sky Hunters organization to learn about the behaviors of hawks, owls, falcons and eagles. Have you ever wondered what you would do if you found a sick or injured raptor or if there were any laws to protect these magnificent birds? This program is not only educational but also allows you to view these amazing birds closer than you normally would in the wild.

Date: Saturdays, June 11, July 2, August 13  
6 – 7 p.m., June 11; 5 – 6 p.m., July 2, August 13  
Fee: Free for campers/\$3 parking fee  
Age: All

### Tree Talk

Trees are more than just firewood... Join park staff for an informative talk about trees. Learn about the biggest and tallest trees, along with how they talk to each other and what we can learn from them. Meet at the amphitheater.

Date: Saturday, June 25, July 30  
Time: 3 – 4 p.m.  
Fee: Free for campers/\$3 parking fee  
Age: All



# VOLUNTEER!



## It's a good thing!

Fun and challenging opportunities include

- Live-in Park Hosts
- Park Patrol
- Park Docent
- Community Center Volunteer
- Student/Youth Volunteer
- Group Opportunities

The San Diego County Parks and Recreation Department offers many volunteer opportunities to fit your skills and interests.

For additional information, visit [sdparks.org](http://sdparks.org) or call 858-966-1335.



THE UPSIDE  
of OUTSIDE





# education & enrichment

## WILLIAM HEISE COUNTY PARK (CONT.)



### Touch Table Education

Stop by our touch table to see skins, skulls and some live snakes local to the area. Learn about the local wildlife found in the park and ask questions of the ranger.

Date: Saturdays, July 2, August 6

Time: 2 – 3:30 p.m.

Fee: Free for campers/\$3 parking fee

Age: All

### Mighty Crazy Trees

Massive trees and spectacular shrubs are found throughout Heise County Park, along with some amazingly weird specimens! View how forces of nature have created artistic masterpieces like the Grim Reaper, the Battle of the Bulge, the Leaner and the Leaper. This 1.5-mile stroll around the park will unveil a number of natural treasures. Bring your cameras! Wear shoes; no flip-flops or sandals. Meet at the amphitheater.

Date: Saturday, July 16

Time: 2 – 3:30 p.m.

Fee: Free for campers/\$3 parking fee

Age: All

## County Parks Discounts for Residents



*Discounts are available at the above camping parks*

To apply, stop by any camping park, or visit the main office. Be prepared to show your CA Driver's license or DMV proof of residence.

Renewals can be processed over the phone, at 858-565-3600 or via email at [askparks.lue@sdcounty.ca.gov](mailto:askparks.lue@sdcounty.ca.gov).

NOTE: Discount cards are good for one year from the date of purchase, and apply to only one camping unit or site per evening. Cards are not transferable.

If you live in San Diego, you are eligible for a County Parks Resident Discount Card which offers savings on camping, year-round.

Each card costs \$35.

Cardholders receive the following benefits:

- \$1 off their camping fee, per night (no limit)  
Valid Sunday through Thursday, except evenings before holidays
- Waived \$5 reservation fee with every booking

San Diego County Parks

5500 Overland Ave.

Suite 410

San Diego, CA 92123

858-565-3600

[sdparks.org](http://sdparks.org)







Presented by:



WENDY WISE



# 2016 Summer Movies in the Park

Featuring these great movies at San Diego County Parks:

Date	Location	Movie	Rating	Date	Location	Movie	Rating
5/27	Waterfront Park	Aladdin	G	7/16	4S Ranch Patriot Park	Inside Out	PG
5/28	Dos Picos County Park	Inside Out	PG	7/22	Heritage County Park	Star Wars: The Force Awakens	PG-13
6/4	Sycamore Canyon	Back to the Future	PG	8/5	Flinn Springs County Park	Star Wars: The Force Awakens	PG-13
6/10	Lindo Lake County Park	The Good Dinosaur	PG	8/6	4S Ranch Patriot Park	The Good Dinosaur	PG
6/10	Pine Valley County Park	Goosebumps	PG	8/12	Pine Valley County Park	Kung Fu Panda 3	PG
6/11	Dos Picos County Park	Minions	PG	8/12	Fallbrook Community Ctr.	Inside Out	PG
6/11	4S Ranch Patriot Park	Finding Nemo	G	8/19	Felicita County Park	Inside Out	PG
6/11	Sweetwater Regional Park	The Good Dinosaur	PG	8/19	Hilton Head County Park	The Goonies	PG
6/17	Fallbrook Community Ctr.	Minions	PG	8/19	Waterfront Park	Inside Out	PG
6/17	Hilton Head County Park	Minions	PG	8/26	Lindo Lake County Park	The Incredibles	PG
6/17	Flinn Springs County Park	Goosebumps	PG	8/26	Heritage County Park	The Princess Bride	PG
6/24	Waterfront Park	Mary Poppins	G	8/27	4S Ranch Patriot Park	Minions	PG
6/24	Spring Valley County Park	Star Wars: The Force Awakens	PG-13	8/27	Collier County Park	Monsters University	G
7/2	Lake Morena County Park	Kung Fu Panda 3	PG	8/27	Jess Martin County Park	Star Wars: The Force Awakens	PG-13
7/8	Waterfront Park	The Sandlot	PG	9/2	Waterfront Park	Back to the Future	PG
7/9	Felicita County Park	Minions	PG	9/3	Lake Morena County Park	The Avengers	PG-13
7/15	Pine Valley County Park	Star Wars: The Force Awakens	PG-13	9/24	Sweetwater Regional Park	Inside Out	PG
7/15	Otay Lakes County Park	Inside Out	PG	10/7	Flinn Springs County Park	Zootopia	PG
7/15	Spring Valley County Park	The Good Dinosaur	PG	10/28	Waterfront Park	Goosebumps	PG
7/15	Live Oak County Park	Star Wars: The Force Awakens	PG-13	10/29	Otay Lakes County Park	Hocus Pocus	PG

Sponsored by:



Produced by:



For full series schedule and select movie trailers, visit:

[www.SummerMoviesinthePark.com](http://www.SummerMoviesinthePark.com)





# parks after dark

## OAKOASIS PRESERVE

12620 WILDCAT CANYON ROAD

LAKESIDE 92040 | 619-561-0580

### Star Party and Family Campout

Ever wondered what's up there? Join park staff and the San Diego Astronomy Association for an evening of stargazing and astronomy in the campground. Arrive at sunset for a twilight hike to search for bats and scorpions! Adults can "geek out" on astronomy and everyone will enjoy campfire songs, storytelling and S'mores! Plan to stay overnight at the Oakoasis Scout Campground for \$24 per site. Call 858-565-3600 to make a reservation. Our 3-hour star parties take place the first Saturday of every month, beginning at sunset.

**Date:** Saturdays

**Time:** June 4, 8 p.m.; July 2, 8 p.m.; August 7, 7:30 p.m.  
Campsite check-in, 2 p.m., check-out, 12 p.m.

**Fee:** Star Party - Free; \$24 per campsite

**Age:** All



## County Parks Campground Pricing

Reservations: (877) 565-3600 or visit [sdparks.org](http://sdparks.org)

Camping Park	Full Hookup	Partial Hookup	Non Hookup	Tent Site	Cabins
<b>Agua Caliente</b> 39555 Great Southern Stage Route of 1849 • Julian, CA 92036 • 760-765-1188	\$33	\$29	\$24	\$24	\$70
<b>Dos Picos</b> 17953 Dos Picos Park Rd. • Ramona, CA 92036 • 760-789-2220	N/A	\$29	\$24	\$24	\$67
<b>Guajome Regional</b> 3000 Guajome Lake Rd. • Oceanside, CA 92057 • 760-724-4489	N/A	\$29	N/A	N/A	\$100
<b>Lake Morena</b> 2550 Lake Morena Dr. • Campo, CA 91906 • 619-579-4101	N/A	\$27	\$22	\$22	\$50
<b>Potrero</b> 24800 Potrero Park Dr. • Potrero, CA 91963 • 619-478-5212	N/A	\$27	\$22	\$22	\$70
<b>Sweetwater Summit</b> 3218 Summit Meadow Rd. • Bonita, CA 91902 • 619-472-7572	\$33	\$29	N/A	N/A	N/A
<b>Vallecito</b> 37349 Great Southern Stage Route of 1849 • Julian, CA 92036 • 760-765-1188	N/A	N/A	\$22	\$22	N/A
<b>William Heise</b> 4945 Heise Park Rd. • Julian, CA 9203 • 760-765-0850	N/A	\$29	\$24	\$24	\$62



## GOODAN RANCH/SYCAMORE CANYON PRESERVE

16281 SYCAMORE CANYON ROAD  
POWAY 92061 | 858-513-4737

### Night Hike

Nature comes alive at night! Join park staff for an enlightening hike and learn all about the different animals you can encounter at the preserve once the sun sets: bats, snakes, coyotes, tarantulas and more! Space is limited to 25; call 858-513-4737 for reservations. Please dress in layers, wear sturdy shoes and bring water. Inclement weather will cancel this event.

**Date:** Saturday, June 18  
**Time:** 8 p.m.  
**Age:** All  
**Fee:** Free

### Star Party

Join SDAA volunteer astronomers and County staff for a night under the stars. View our galaxy using the same technology used by the professionals to witness out-of-this-world phenomenon. This program will be held at 13899 Highway 67, accessed only from the southbound direction. Inclement weather will cancel this event.

**Date:** Friday, July 15  
**Time:** Sunset  
**Age:** All  
**Fee:** Free



## FIND YOURSELF

## GO CAMPING AT A SAN DIEGO COUNTY PARK



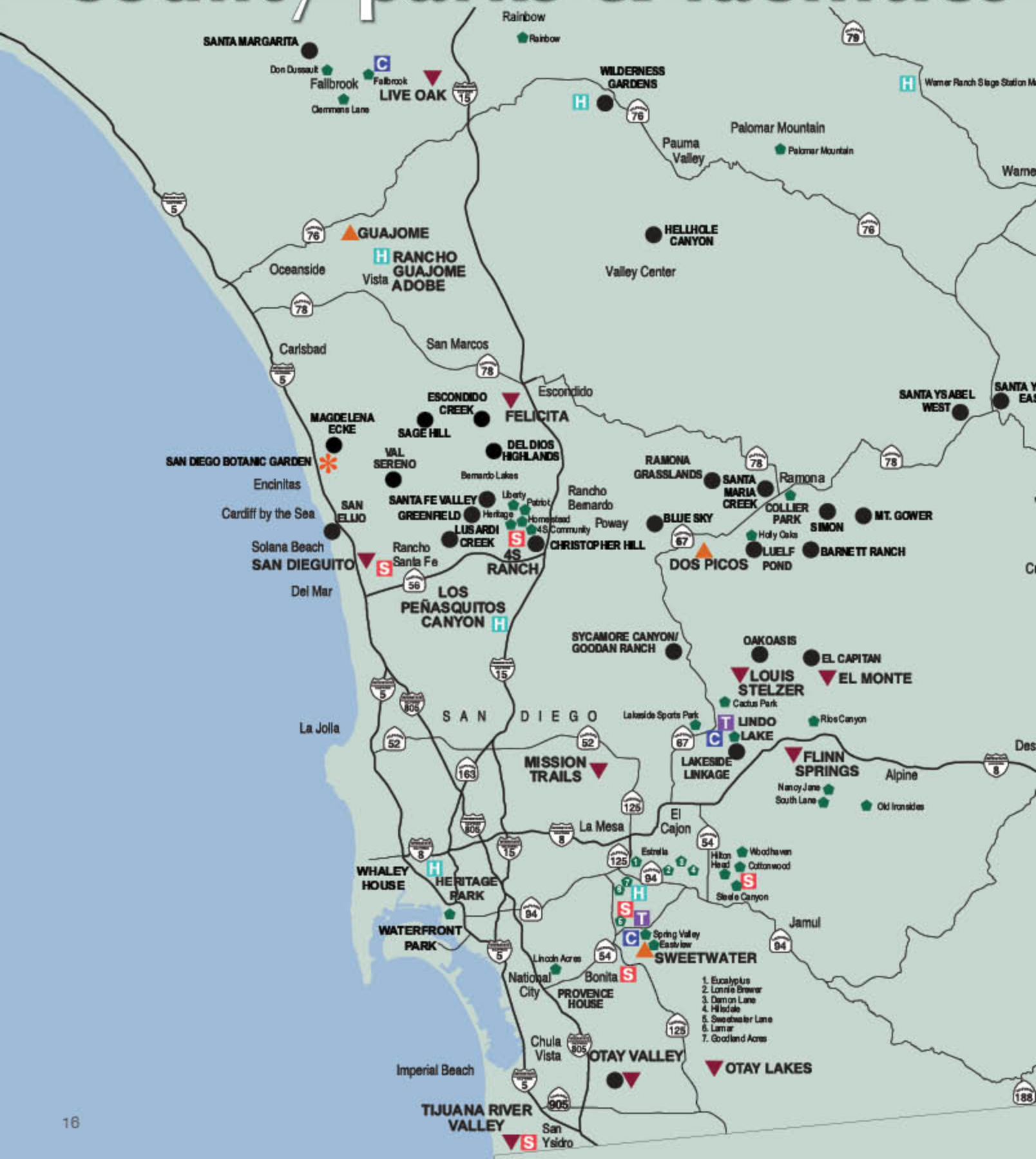
- Agua Caliente Regional Park
- Dos Picos County Park
- Guajome Regional Park
- Lake Morena County Park
- Potrero County Park
- Sweetwater Summit Regional Park
- Vallecito County Park
- William Heise County Park

Camp in the desert, in the valleys or in the mountains  
Reservations: 877-565-3600  
[sdparks.org](http://sdparks.org)



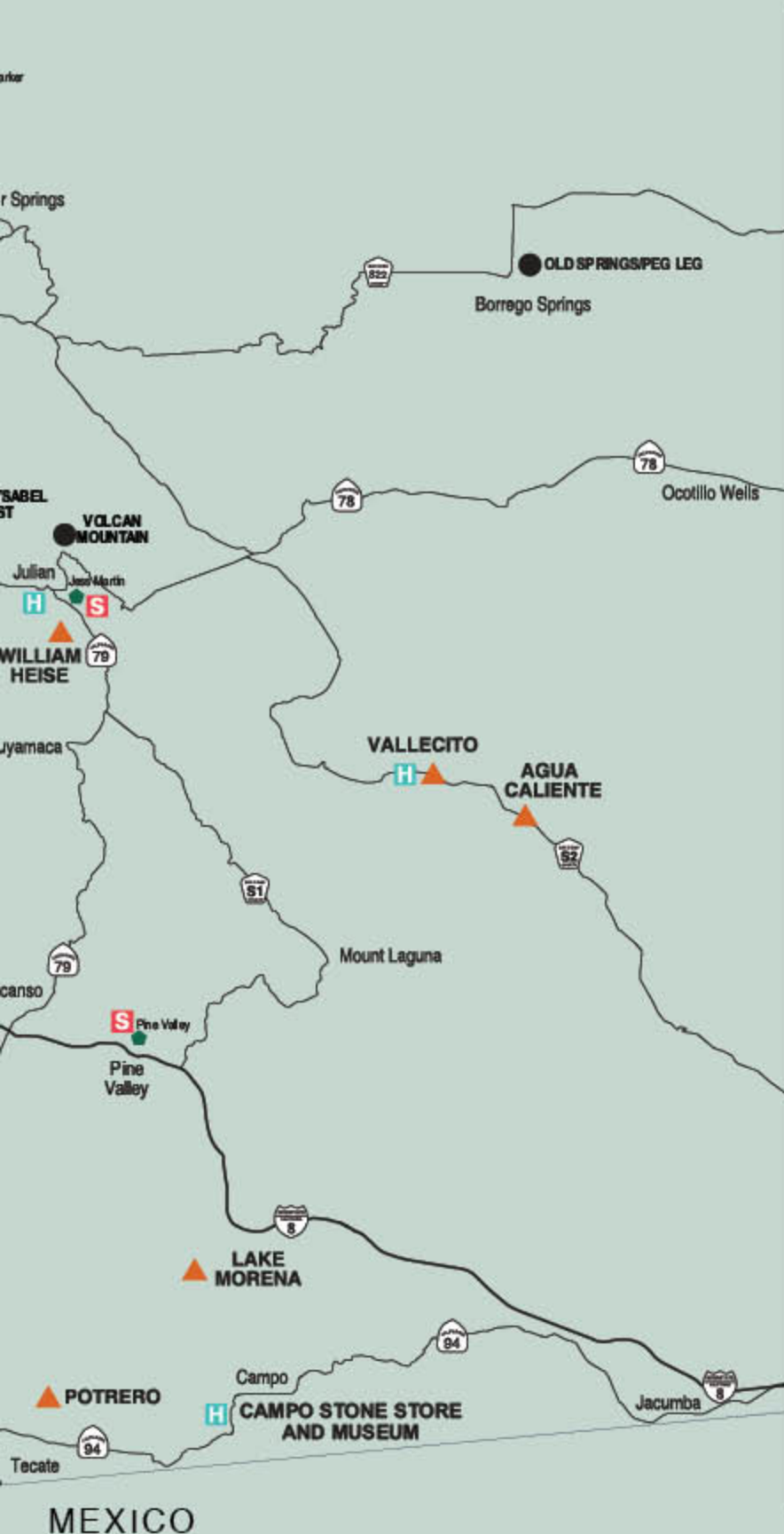


# county parks & facilities





# map



## Legend

-  Camping Park
-  Regional Park
-  Local Park
-  Open Space Preserve
-  Historic Site
-  Community Center
-  Teen Center
-  Sports Complex
-  Botanic Garden

Park listings located on page 30.



### About The Cover Photo...

Here's a little champion from our Kidz Love Soccer program, offered through the Lakeside Community Center. Get info on page 24.



# fitness & recreation



## 4S RANCH SPORTS PARK

16118D 4S RANCH PARKWAY

SAN DIEGO 92127 | 858-673-3900

### Adult Wheelchair Lacrosse

Come one, come all! This program is a great opportunity for adults of all abilities to connect and recreate. Drop-in and play for free – equipment is also available at no cost. For more information, contact the 4S Ranch Recreation Office.

Date: Sundays  
Time: 10 a.m. – 12 p.m.  
Fee: Free  
Age: Adults (18+)



### Youth Roller Hockey Clinics

Youth roller hockey focuses on the importance of skating and puck handling. Registration is ongoing and open to all skill levels. For more information, visit [www.4sranchrollerhockey.com](http://www.4sranchrollerhockey.com) or the 4S Ranch Recreation Office.

Date: Saturdays  
Time: 8 a.m. – 12 p.m.  
Fee: \$25/session  
Age: 5 – 17

### Adult Roller Hockey League

Join our roller hockey league on Monday, Tuesday and Wednesday nights! Teams play each other throughout the season, with team standings dividing teams into divisions for playoffs and championships. Free-agent players are also welcome, and more information can be found at [www.4sranchrollerhockey.com](http://www.4sranchrollerhockey.com) or the 4S Ranch Recreation Office.

Date: Mondays, Tuesdays and Wednesdays  
Time: 6 – 10 p.m.  
Fee: \$700/team (includes all fees)  
Age: Adults (18+)

### Adult Basketball League

Our adult basketball league is the talk of the town! We have options for all skill levels, from recreational teams to semi-pro talent. Each team is guaranteed 10 games and a minimum of one playoff game. See your personal shooting stats on the league website, [www.4sranchbasketball.com](http://www.4sranchbasketball.com). Contact the 4S Ranch Recreation Office for additional information. Register online and call/come by for payment.

Date: Mondays and Tuesdays  
Time: Call for information  
Fee: \$350/league fee + \$25/referee fee (per game)  
Age: Adults (18+)



### Youth Soccer Classes

See our newest program at the 4S Ranch Sports Park! Brought to you by Soccer Shots, this engaging and interactive soccer class provides young children with the opportunity to learn soccer skills while having fun with their friends! This program is acknowledged for their highly trained staff and thoughtfully design curriculum. Call the 4S Ranch Recreation Office for details on class dates and times.

Date: Mondays and Saturdays  
Time: Call for information  
Fee: \$235/10 week session  
Age: 2 – 8





## 4S RANCH SPORTS PARK (CONT.)

### Youth and Adult Yoga

Want to get in shape and stay healthy – without the dumbbells and loud music? Try Yoga in the Park! These classes teach youth and adults different yoga poses, strategies for stretching, and breathing techniques. Brought to you by Splash Sport Yoga, Penni and Tom Royal are certified yoga instructors looking to share the rewards of this physical art with the community. Call the 4S Ranch Recreation Office for class times and dates. Yoga mats and blocks provided.

**Date:** Thursdays  
**Time:** Call for information  
**Fee:** \$40/month or \$12/drop in  
**Age:** All

### Adult Tennis Class

Try our adult tennis class! This free, drop-in class is led by a local high school student volunteering to teach tennis instruction. Just bring a racket; all other equipment has been provided. We'll see you on the court!

**Date:** Fridays  
**Time:** 5:30 – 7 p.m.  
**Fee:** Free  
**Age:** Adults (18+)



## WATERFRONT PARK

1600 PACIFIC HIGHWAY  
 SAN DIEGO 92101 | 619-232-PARK



### All Levels Yoga

The All Levels Yoga class will include a traditional yoga flow followed by restorative yoga poses. Outdoor yoga provides convenient fitness and stress reduction for everyone, in a beautiful natural setting.

**Date:** Mondays  
**Time:** 6 – 7 p.m.  
**Fee:** \$7 drop-in fee  
**Age:** Adults (18+)



### Condor Fitness Boot Camp

This program will make you sweat! Boot camp will target the entire body to increase your strength while losing excess body weight. The fast-paced program combines the use of medicine balls, kettle bells, and exercise ladders to maximize calorie burn. Test your physical strength as well as your mental strength. This is a great way for athletes to improve their fitness and stay in shape during the off-season. All workouts are modified for individual fitness levels.

**Date:** Tuesday – Friday  
**Time:** 6:30 – 7:30 a.m.  
**Fee:** \$7 drop-in fee; \$60/month 4 times a week, \$55/month 3 times a week, \$50/month twice a week  
**Age:** Adults (18+)



# FULL MOON YOGA

## WATERFRONT PARK

**Full Moon Yoga Class is open to all levels. It's an opportunity to take time to pause, check in with yourself and connect with nature under the night sky. Dress in layers and bring your own yoga mat, towel and props.**

**\$7 drop-in fee**

<b>Monday, June 20</b>	<b>7:30 p.m.</b>
<b>Tuesday, July 19</b>	<b>7:30 p.m.</b>
<b>Thursday, Aug. 18</b>	<b>7:30 p.m.</b>
<b>Friday, Sept. 16</b>	<b>7 p.m.</b>
<b>Friday, Oct. 14</b>	<b>7 p.m.</b>
<b>Monday, Nov. 14</b>	<b>6 p.m.</b>
<b>Tuesday, Dec. 13</b>	<b>6 p.m.</b>

**WATERFRONT PARK**  
 1600 Pacific Hwy. • San Diego, CA 92101  
 619-232-PARK (7275) • [sdparks.org](http://sdparks.org)






# summer camps



## FALLBROOK COMMUNITY CENTER

341 HEALD LANE | FALLBROOK 92028 | 760-728-1671

### Fallbrook Summer Camp

Join us for 2016 Summer Camp! We're offering eight fun-filled weeks of activities including field trips, sports, game room activities, arts and crafts, theme days and more! Fees include all project materials and field trips, along with a daily snack. Camp fills up quickly; please register at least one week in advance.

WEEK 1:	June 13 – 17	Amazing Race
WEEK 2:	June 20 – 24	Out of this World
WEEK 3:	June 27 – July 1	Games Galore
WEEK 4:	July 5 – 8	All Star Week
WEEK 5:	July 11 – 15	Navigating Nature
WEEK 6:	July 18 – 22	Super Hero
WEEK 7:	July 25 – 29	Let's Be Pirates
WEEK 8:	August 1 – 5	Aloha

**Date:** June 13 – August 5 (no camp on July 4)

**Time:** 7 a.m. – 6 p.m.

**Fee:** \$120/week

**Age:** 5 – 17



### Fantasy Sculptures

This workshop challenges and examines how the trash our society produces, and the materials we use everyday, can be converted into artistic animals, creatures, machines, mobiles or cityscapes. Basic drawing, multimedia construction, and creative writing are explored. This workshop challenges participants to create beyond artistic traditions.

**Date:** June 13 – 17

**Time:** 9:30 a.m. – 1 p.m.

**Fee:** \$60 + \$15 material fee

**Age:** 10 – 14

### Hands-on Physics

Students will learn about Newton's Laws of Motion through hands-on activities; interacting with principles of physics as well as science demonstrations. Daily activities include a spinning cup experiment, pencil balance experiment, grow snow displacement experiment and an edible molecules experiment.

**Date:** June 20 – 23

**Time:** 9 a.m. – 12 p.m.

**Fee:** \$130 + \$20 material fee

**Age:** 8 – 12

### Piñata Party

This creative workshop reviews the history of the Piñata! Students will explore how to transform simple materials into an artistic sculpture that can be broken, or saved as a work of art. Basic drawing, traditional construction techniques and decorative skills will be learned and applied. The culmination of the program will be a piñata breaking ceremony!

**Date:** July 18 – 22

**Time:** 9:30 a.m. – 1 p.m.

**Fee:** \$60 + \$20 material fee

**Age:** 8 – 12

### Shabby Chic Furniture

Refurbish a small piece of furniture, chair, picture frame, box or other item. This workshop teaches students how to prep, restore, rebuild and repaint a functional item for future enjoyment. Chalk paint will be introduced along with faux, distressed and crackle styles, sanding, and basic filling and repairs. Color theory and fashion will also be explored. Students are encouraged to bring a small or medium-sized item to restore.

**Date:** July 25 – 29

**Time:** 9:30 a.m. – 1 p.m.

**Fee:** \$60 + \$20 material fee

**Age:** 8 – 12

### Mural Painting

Participants will create a mural on canvas, from concept to completion. As an accomplished muralist, the instructor will ask students create a theme based on the environment, conservation or pop culture and guide them to work together as a group to bring that vision to life. Basic drawing, space, layout, proportion, scale, perspective, pattern and other concepts will be examined. The mural will be displayed publicly, after completion.

**Date:** August 1 – 5

**Time:** 9:30 a.m. – 1 p.m.

**Fee:** \$60/session +

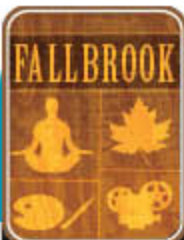
\$15 material fee

**Age:** 8 – 12

**SUMMER  
CAMP**



Refunds or credits may be granted if camp is changed or canceled. No refunds granted after Day 1.



## LAKESIDE COMMUNITY CENTER

9841 VINE STREET  
LAKESIDE 92040 | 619-443-9176

### Wonders! Science Class: Slimes Submarines and Spooky Spy Stuff

Children will experiment with 50 hands-on projects throughout the week including riding hover-crafts, creating invisible inks, growing crystal gardens, steering 60-foot solar blimps, making rock board collections, floating hot air balloons, launching giant smoke rings, setting-off the ultimate Mentos geyser, building lava lamps, making glow-in-the-dark signs, casting fossils, and much more! Don't miss out on this opportunity to enrich your child's thirst to understand more about the world around them. Space is limited.

Date: July 25 – 29  
Time: 9 a.m. – 12 p.m.  
Fee: \$125 + \$30 material fee

### Dance Exploration Camp

This for all ages and skill levels! Here we will enjoy exploring. Ballet, tap, jazz hip-hop, tumbling, hula, modern dance, props (parachutes, ribbon sticks) and more. Students will perform at the San Diego County Fair with free admission and free parking for themselves and their chaperones.

Date: July 11 – 14; July 18 – 21; Aug. 1 – 4; Aug. 20 – 23  
Aug. 27 – 30  
Time: 9 a.m. – 12 p.m.  
Fee: \$140/session

## LAKESIDE COMMUNITY CENTER (CONT.)



### Wonders! Science NASA Rockets & Space Camp

Children will build and launch a 2-foot-tall rocket that soars over 500 feet, experiment with actual conditions found on some planets, solid-form frozen gases, make paper airplanes that will spar above buildings, fly a 60-foot solar-powered blimp, do water balloon trajectory, run centripetal force experiments, and more! Space is limited.

Date: Aug. 15 – 19  
Time: 9 a.m. – 12 p.m.  
Fee: \$125 + \$30 material fee

## SPRING VALLEY COMMUNITY CENTER

8735 JAMACHA BOULEVARD  
SPRING VALLEY 91977 | 619-479-1832

### Camp Spring Valley

Camp Spring Valley is a wonderful way for your child to spend a summer filled with fun and adventure. Kids can participate in active weeks full of field trips, sports, arts and crafts, wacky games, special events and much more. Activities are planned by Community Center staff. Breakfast, lunch and snacks are



included, along with all supplies. A Counselor-in-Training program (CIT) for ages 13-15 is also available. Please bring a water bottle, sunscreen and wear closed-toed shoes. For more information, call 619-479-1832. Payment due on Friday for the following week.

Explore our weekly camp themes:

WEEK 1:	June 13 – 17	Water Wonders
WEEK 2:	June 20 – 24	Fiesta
WEEK 3:	June 27 – July 1	Land of the Dinosaurs
WEEK 4:	July 5 – 8	Fitness Fun
WEEK 5:	July 11 – 15	Under the Sea
WEEK 6:	July 18 – 22	Upside to Outside
WEEK 7:	July 25 – 29	Moon Walkers
WEEK 8:	August 1 – 5	Farewell

Date: June 20 – Aug. 12 (no camp on July 4)  
Time: 7 a.m. – 6 p.m.  
Fee: \$100/week; CIT program: \$75/week  
Ages: 5 – 12; CIT program: 13 – 15



# fallbrook community center

## FALLBROOK COMMUNITY CENTER

341 HEALD LANE

FALLBROOK 92028 | 760-728-1671

HOURS: MONDAY – FRIDAY, 9 A.M. – 6:30 P.M.

CLOSED: SATURDAYS – SUNDAYS



### ATA Success Martial Arts

ATA Success Martial Arts provides the perfect environment for the entire family to learn Taekwondo. As part of the American Taekwondo Association (ATA), instructors strive to teach the sport, physical fitness, self-defense and self-esteem in a fun environment. Advancement in rank is offered from beginner to black belt. Uniforms and equipment are available at class but are not mandatory.

Date: Tuesdays (ongoing)  
Time: 3 – 6 years: 4:30 – 5 p.m.  
7+ years: 5:15 – 6 p.m.  
Fee: \$8/class  
Age: 3 and older

### Outdoor Volleyball

Bump-Set-Spike! Adult pick-up volleyball is coming to the community center. This fun, competitive and fast-paced sport is enjoyed by adults of all fitness levels. Volleyball offers a workout that requires speed, agility, balance, flexibility, and coordination. New players, please register at the community center office. Players of all levels are welcome.

Date: Wednesdays and Fridays  
Time: 6 – 8 p.m.  
Fee: \$2/night  
Age: Adults

### Beginning Tennis Basics Summer Workshops

This class is designed for kids looking to learn the basics of playing tennis. We'll learn forehands, backhands, serves, volleys and most importantly, footwork. After the first hour we will have snack time and play lots of fun games. If you're new to the class, bring a racket on your first day. All participants should bring water, sunscreen and a snack.

Date: Mondays and Wednesdays  
Time: 3:30 – 6 p.m.  
Fee: \$35/1-day workshop  
Age: 6 – 13

### Adult Tennis

This class is designed for players with prior tennis experience who are wishing to improve their skill level by played scored games against other players. We'll work on consistency, elements of the game and footwork.

Date: Wednesdays (ongoing)  
6 – 7 p.m.  
Fee: \$12/class  
Age: 13 and older (with experience)

### The World of Drawing

Students will explore the world around them by using the basic skills of drawing in pencil, charcoal, pastel and more. Techniques such as sketching, shape, contrast, pattern scale, lighting, volume will be demonstrated and learned through the use of both still-life settings in the classroom and experiences outdoors.

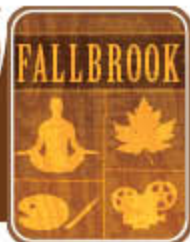
Date: Wednesdays and Fridays  
Time: 9:30 a.m. – 1 p.m.  
Fee: \$60/1 week session  
Age: 6 – 13

### Healing Pilates Mat

This classical Pilates mat class is based on the system of slow and controlled dance movements that Joseph H. Pilates used in New York with boxers, gymnasts, musicians and dancers. The blend of strengthening and flexibility training of the body's core muscles improves posture, reduces stress and creates long lean muscles (without bulk). Instructor Judi Way has been studying how movement heals and restores vitality and health in the human body for more than 30 years. Allow her to share her knowledge with you! Bring a yoga mat or blanket and wear comfortable clothes.

Date: Tuesdays and Thursdays  
Time: 8:30 – 9:30 a.m.  
Fee: \$80/10 classes or \$10 per class  
Age: 13 and older





## Pickleball

Pickleball is a fun, fast-paced, social sport that is enjoyed by players of all fitness levels. It's played on a court that's one quarter the size of a tennis court and features elements of badminton, tennis and ping pong. Players must bring their own paddle. New players, please register at the community center office.

**Date:** Tuesdays and Thursdays  
**Time:** 6 – 8 p.m.  
**Fee:** \$2/night  
**Age:** 13 and older

## Beginning Yoga

Maintaining strength and flexibility throughout your lifetime is key to having an enjoyable and vital life – both now and in the future! We go beyond basic yoga by adding light weights, modifying postures and using chairs, therapy balls and the wall. Join us for an hour of fun, friendship and fitness. New students should come 15 minutes early to register.

**Date:** Tuesdays and Thursdays (ongoing)  
**Time:** 9 – 10 a.m.  
**Fee:** \$80/10 classes; \$10/class  
**Age:** 12 and older

## Tai Chi for Everybody

Tai Chi, also called "Meditation in Movement," is a series of soft and slow movements that can be practiced by people of all ages. Benefits include stress reduction, better focus and concentration, increased flexibility, strength and coordination, enhanced memory and improved circulation. For more information call Gus Poletti at 951-698-5788 or email [gmipoletti@yahoo.com](mailto:gmipoletti@yahoo.com).

**Date:** Mondays and Fridays  
**Time:** Mondays, 5:15 – 6:15 p.m.  
Fridays, 10 – 11 a.m.  
**Fee:** \$75/8 classes; \$45/4 classes; \$12/class  
**Age:** 6 – 13

## Fabric Art Session I

Make a fashion statement on fabric and blue jeans! This hands-on workshop explores stenciling, embossing, pattern printing, air brush, fabric painting and more. Students are encouraged to bring in clothing items to enhance with artistic talent such as old jean jackets, sneakers, etc.

**Date:** June 20 – 24  
**Time:** 9:30 a.m. – 1 p.m.  
**Fee:** \$60 + \$15 material fee  
**Age:** 8 – 12

## Fabric Art Session II

This class continues with fashion drawing and sketching, focusing on today's trends and styles. A "fashion work of art" will be created by each student along with a wearable jewelry, and painted accessories.

**Date:** June 27 – July 1  
**Time:** 9:30 a.m. – 1 p.m.  
**Fee:** \$60 + \$15 material fee  
**Age:** 8 – 12

## Screen Printing

Fabric art continues with the amazing art of printmaking on paper and fabric. The imprinting industry in southern California started with the t-shirt as a vehicle of expression, style, and identity. Students in this camp will explore textile printing for clothing and airbrush techniques, coached by an instructor who has accomplished years in the sportswear industry. Drawing, design from concept to productions, and application will be explored.

**Date:** July 11 – 15  
**Time:** 9:30 a.m. – 1 p.m.  
**Fee:** \$60 + \$20 material fee  
**Age:** 8 – 12

## Dog Obedience Training Basics

True freedom for your dog comes with proper training. With a firm combination of loving and patient training methods, owners and the instructor will turn our four-legged friends into well-mannered family members. Basic obedience commands will be covered such as, "watch me," "sit," "down," "stay," "let's go," and "come." Students will develop leadership skills and work on socializing their dogs. The class is for dogs aged 4 months and older (with vaccinations).



This class meets rain or shine. Orientation class is strongly recommended. All other classes will be held on Wednesday evenings from 6 – 7 p.m. Please do not bring dogs to the orientation class.

**Date:** Wednesdays, June 29 – July 27  
**Time:** 6 – 7 p.m.  
**Fee:** \$105/5-week session + \$10 materials fee  
**Age:** 12 and older



# lakeside community center

## LAKESIDE COMMUNITY CENTER

9841 VINE STREET

LAKESIDE 92040 | 619-443-9176

HOURS: MONDAY – FRIDAY, 12 – 8 P.M.

CLOSED: SATURDAYS – SUNDAYS



### Kidz Love Soccer: Tot/Pre-Soccer

Little tykes will enjoy running and kicking just like the big kids! Children will have fun and learn the basic techniques of the game while building self-esteem and learning to follow instructions in a nurturing environment. Shin guards are required after the first meeting. All participants will receive a Kidz Love Soccer jersey. This event takes place at the Lindo Lake County Park ball field.

Date: Session 1: Wednesdays, June 8 – July 2  
Session 2: Wednesdays, July 27 – August 24

Time: 4 – 4:35 p.m.

Fee: \$67/session

Age: 3.5 – 5

### Kidz Love Soccer: Mommy/Daddy & Me Soccer

Introduce your toddler to the world's most popular game! As you and your child participate in our fun, age-appropriate activities, your child will develop their large motor skills and socialization skills. The fun happens on the field which means parents are part of the action, not watching from the sidelines! All kids receive a Kidz Love Soccer jersey.

Date: Session 1: Wednesdays, June 8 – July 2  
Session 2: Wednesdays, July 27 – August 24

Time: 5:30 – 6 p.m.

Fee: \$67/session

Age: 2 – 3.5

### Kidz Love Soccer: Techniques & Teamwork

Players will learn dribbling, passing, receiving, shooting, age-specific defense and more. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches are introduced gradually. All participants will receive a Kidz Love Soccer jersey. Shin guards are required after the first meeting.

Date: Session 1: Wednesdays, June 8 – July 2  
Session 2: Wednesdays, July 27 – August 24

Time: 4:35 – 5:20 p.m.

Fee: \$67/session

Age: 5 – 7

### Tumble Wee Dance: Wee Gymnastics

Parent participation is required for this fun-filled toddler class, so come ready to have a blast with the kids! This class is a mixture of high-energy circuits and exercises and includes an introduction to socialization and organized play. Our coaches will introduce gymnastics equipment and developmental shapes, colors, parachutes and blocks. Each class is uniquely formed to make sure your toddler is having a fantastic experience.

Date: July 16 – August 20

Time: 9 – 9:45 a.m.

Fee: \$50/6-week session

Age: 1 – 3



### Tumble Wee Dance: Pre-School Dance

Your young dancer is finally ready to dance on their own, and this class will teach a variety of different dance techniques including pre-ballet and tap. Simple bar exercises will also be introduced. Ballet and elastic-band tap shoes, a leotard and tights must be worn to every class. Sorry, no tutus. Accompanying adults must wait outside.

Date: July 16 – August 20

Time: 10 – 10:45 a.m.

Fee: \$50/6-week session

Age: 3 – 5





### Gym Trix: Kindertrix 1

This 45-minute gymnastics class will cover elementary gymnastics skills on the floor, the low balance beam and the mini bar.

**Date:** Tuesdays, June 7 – August 30  
**Time:** 5 – 5:45 p.m.  
**Fee:** \$40/month  
**Age:** 3 – 5

### Gym Trix: Kindertrix 2

This advanced-level gymnastics class will take gymnastics skills on the floor, low balance beam and mini bar to the next level. Registration for Kindertrix 2 requires prior approval from the instructor.

**Date:** Tuesdays, June 7 – August 30  
**Time:** 5:45 – 6:30 p.m.  
**Fee:** \$40/month  
**Age:** 4 – 6

### Gym Trix: Tumbling 1

This class will go over basic tumbling skills such as rolls, cartwheels, handstands and limbers, as well as beginning cheer skills. Athletic shoes are required.

**Date:** Tuesdays, June 7 – August 30  
**Time:** 3:30 – 4:15 p.m.  
**Fee:** \$40/month  
**Age:** 6 and older

### Gym Trix: Tumbling 2 & 3

This advanced-level class will go over tumbling skills like bridge kickovers, back handsprings and round-off back handsprings, as well as advanced cheer skills. Athletic shoes are required. Registration for Tumbling 2 & 3 requires prior approval from the instructor.

**Date:** Tuesdays, June 7 – August 30  
**Time:** 4:15 – 5 p.m.  
**Fee:** \$40/month  
**Age:** 6 and older

### Art History: Georgia O'Keeffe

This class will discuss the most significant phases of her long career; her exceptional skills as a painter; O'Keeffe's relationship with Stieglitz; the artistic climate in the USA at the time and the way in which European art brought about changes; her use of color, shape and form to tell a story and her success in staying true to her own vision. Minimum participation is 10 students.

**Date:** Mondays, July 18 – August 22  
**Time:** 3:30 – 5:30 p.m.  
**Fee:** \$20/session; \$60 for all three sessions  
**Age:** 18 and older



### Ballet Folklórico: Intermediate-Advanced

Ballet Folklórico is a true cultural dance experience for boys and girls of all ages. Students have many performances throughout the year, including one in Old Town and another at the San Diego County Fair. The instructor will advance each student, accordingly. A new session begins every 2 months.

**Date:** Wednesdays, June 31 – July 27; August 3 – Sept. 28  
**Time:** 6:15 – 7 p.m.  
**Fee:** \$69/session  
**Age:** All

### Still Life Painting

You will gain skills with the materials and tools while learning the core concepts of how to create balanced painting. This course will focus on form, value, light and shadow, and composition. Color mixing, warm and cool relationships of colors, and problem solving will be emphasized as the class moves from learning fundamental concepts to completing still life paintings. Materials and process will be discussed at the first session of the class. The minimum number of participants for this class is 6.

**Date:** Wednesdays, July 20 – August 24  
**Time:** 1 – 3 p.m.  
**Fee:** \$15/session  
**Age:** 18 and older

### Condor Fitness: Fitness Power

Boot camp Fitness is an hour-long class that combines weights, balance tools, body resistance and cardio to activate all of the major muscles groups. Exercises change regularly for continual improvement. Modifications are provided so individuals can participate at a level that is appropriate for them. All fitness levels are welcome.

**Date:** Tuesdays, Thursdays, Fridays, June 1 – August 31  
**Time:** 6:15 – 7:15 p.m.  
**Fee:** \$40/month; \$7/class  
**Age:** 18 and older



# spring valley community center

## Ballet Folklórico (Beginning)

Ballet Folklórico is a true cultural dance experience for boys and girls of all ages. Students have many performances throughout the year, including one in Old Town and another at the San Diego County Fair. The instructor will advance each student, accordingly. A new session begins every 2 months.

**Dates:** July 7 – August 25

**Time:** 5:30 – 6:15 p.m.

**Fee:** \$69

**Ages:** 3 and older

## Ballet Folklórico (Intermediate/Advanced)

Ballet Folklórico is a true cultural dance experience for boys and girls of all ages. Students have many performances throughout the year, including one in Old Town and another at the San Diego County Fair. The instructor will advance each student, accordingly. This class will have the opportunity to perform 16 additional dances!

**Dates:** July 7 – August 25

**Time:** 6:15 – 7 p.m.

**Fee:** \$69

**Ages:** 5 and older



## SPRING VALLEY COMMUNITY CENTER

8735 JAMACHA BOULEVARD

SPRING VALLEY 91977 | 619-479-1832

**HOURS:** MONDAY, 9 A.M. – 4 P.M.; TUESDAY – THURSDAY, 10 A.M. – 8 P.M.  
FRIDAY, 9 A.M. – 5 P.M.

**CLOSED:** SATURDAYS – SUNDAYS

## Gymnastics

Gymnastics is a fun, active sport that encourages movement, strength, agility and play. Whether your child comes to us inspired by the Olympics, X-Games or the latest blockbuster Hollywood movie, we'll introduce them in the world of Olympic Gymnastics.

### Level 1

**Date:** June 20 – August 8

**Time:** 2 – 3 p.m.

**Fee:** \$70

**Ages:** 3 – 6

### Level 2

**Date:** June 20 – August 8

**Time:** 3 – 4 p.m.

**Fee:** \$70

**Ages:** 3 – 6

## Dance Explorations! Jazz/Hip Hop

Enjoy positive music and inspiring moves! In this class, students perfect what they already know with strong moves, leaps, turns, falls, combinations and choreography! Performance opportunities are available.

**Date:** June 21 – August 9

**Time:** 6:15 – 7 p.m.

**Fee:** \$70

**Ages:** 5 and older

## Wang Ho Tae Kwon Do

Tae Kwon Do emphasizes modesty, self-control, discipline and respect while teaching self defense and building confidence. Expose your child to the Korean Art of kicking and punching!

**Date:** Fridays, June 24 – August 12

**Time:** 4 – 5 p.m.

**Fee:** \$60

**Ages:** 5 and older







## Horse Fun for Preschoolers

Join your preschooler in this special class! Children will get to meet and interact with real ponies and horses and learn skills like grooming, saddling, and basic riding. Please wear closed-toed shoes, jeans and a bike helmet. Sorry, no unregistered siblings! Class will be held at Hidden Haven Farms, 18540 West Boundary Truck Trail, Jamul, CA 91935.

**Date:** June 20 – July 11  
July 18 – August 8  
**Time:** 10– 11 a.m.  
**Fee:** \$70  
**Ages:** 3 – 6



## Horse Fun for Kids

Get your chaps on! Pull on your cowboy boots! We are ready to teach you how to have fun with horses! Learn how to groom, saddle and get basic instruction on riding! Please wear closed-toed shoes, jeans and a bike helmet. Sorry, no unregistered siblings. Class will be held at Hidden Haven Farms, 18540 West Boundary Truck Trail, Jamul, CA 91935.

**Date:** June 20 – July 11  
July 18 – August 8  
**Time:** June 20 – July 11, 9 – 10 a.m.  
July 18 – August 8, 10 – 11 a.m.  
**Fee:** \$70  
**Ages:** 7 – 12

## Horse Fun for Adults

Get your boots on; let's learn how to ride horses! This is a beginning-level class that will introduce you to the world of horses. Learn all about grooming, saddling and riding. Please wear closed-toed shoes, jeans and a bike helmet. Class will be held at Hidden Haven Farms, 18540 West Boundary Truck Trail, Jamul, CA 91935.

**Date:** July 18 – August 8  
**Time:** 12 – 1 p.m.  
**Fee:** \$70  
**Ages:** 13 and older

## Fun On the Farm (Parent Participation)

Come on down to the farm! Sing songs with puppets and a crazy farm dog! Make a fun farm craft! Interact with a different farm animal every week; students will get to milk a goat, collect eggs from the hen house, slop the hogs, even watch an emu take a shower. Pony rides are included every week. Class will be held at Hidden Haven Farms, 18540 West Boundary Truck Trail, Jamul, CA 91935.

### SESSION 1

**Date:** June 20 – July 11  
**Time:** 11 a.m. – 12 p.m.  
**Fee:** \$70  
**Ages:** 3 – 6 years

### SESSION 2

**Date:** July 18 – August 8  
**Time:** 10 – 11 a.m.  
**Fee:** \$70  
**Ages:** 7 – 12

## Art Class

Get instruction from an experienced art teacher! In this class you will learn to draw and paint three wall-worthy masterpieces. All materials are provided. All levels are welcome!

**Date:** June 6 – July 18  
**Time:** Call for times  
**Fee:** \$10  
**Ages:** Adults (includes seniors)

## Buckaroo Time for Young Farmers

This is a two-day class that introduces city kids to life on the farm! Kids will interact with farm animals, with activities like riding horses, slopping the hogs, collecting eggs from the hen house and brushing a donkey. They'll also get to make a fun craft that they can take home. Kids in this class need to bring their own lunch and water! Class will be held at Hidden Haven Farms, 18540 West Boundary Truck Trail, Jamul, CA 91935.

**Date:** June 21 – 22  
**Time:** 9 a.m. – 2 p.m.  
**Fee:** \$80 + \$20 for materials to be paid to instructor  
**Ages:** 5 – 12

## Walking with Weights

Walking with Weights is a great way to improve health and fitness. This class is offered for older adults looking to improve their strength and condition. Weights will be provided (2lb and 5lb). Bring a reusable water bottle and comfortable clothing.

**Date:** June 6 – 27  
**Time:** 9 – 10 a.m.  
**Fee:** \$5  
**Ages:** Adults (includes seniors)



# REC CLUB

The REC Club demonstrates how the County of San Diego Department of Parks and Recreation makes a positive difference in the lives of youth. The goal of REC Club is to provide a safe, fun, positive environment that is free of violence, drugs, prejudice and racism.

To achieve this, the club offers opportunities for middle and high school youth to grow through physical fitness, art expression, leadership roles, community service, and education activities while enhancing their self esteem, communication skills, problem-solving ability and community involvement.

The fundamental objective of the program is to succeed in life. We encourage youth to take a proactive role toward leading healthy lives free of drugs and violence. For more information, call 619-443-4169.

## LAKESIDE TEEN CENTER AND REC CLUB

9911 VINE STREET | P.O. BOX 1708  
LAKESIDE 92040 | 619-443-4169

**HOURS:** MONDAY – FRIDAY 2 – 6 P.M.  
WEDNESDAY 1 – 5 P.M.

**CLOSED:** JULY 4

**AGES:** 10 – 17

### Weekly Activities

- Arts & Crafts
- Community Service Projects
- Field Trips
- Homework Assistance
- Gardening
- Monthly Special Events
- Cooking Classes
- Super Crew
- Sports Activities

### Energy Saving Adventures (ESA)

Energy Saving Adventures (ESA) is the new REC Club perspective of taking charge of our future through resource conservation. The daily after school program inspires and empowers youth to create change in the world around them. Through films, tournaments, activities, experiments, and field trips, each day, teens tackle important concepts through an Energy Saving Adventure.

**Date:** Monday – Friday

**Time:** 3 – 5 p.m.

### Super Crew

The Super Crew program focuses on developing teenagers (14 years old and older) into leaders who will exemplify what it means to be a REC Club member. Super Crew members will get involved with community service projects, service learning, and other opportunities to give back to the community. In addition, the Super Crew will focus on developing teenager's skills and abilities to help them succeed as they transition into adults; skills such as resume building, formal communication, job applications, college preparedness, and much more.

**Date:** Wednesdays

**Time:** 4 – 5 p.m.



### Green Teen Program

The Green Teen Garden Program empowers teens to be effective community change agents by immersing them in the local food system. The program teaches life and work skills through hands-on experiences in gardening, health and nutrition, entrepreneurship, and leadership. Teens explore various aspects of the food system through hands-on planting, along with the upkeep and harvest of seasonal plants and vegetables. Harvested items will be used to teach culinary skills, healthy eating habits, economic savings and the importance of growing locally as a sustainable alternative.

**Date:** Thursdays

**Time:** 3 – 3:30 p.m.

### Festive Fridays

The Lakeside REC Club provides a fun after-school event monthly, where there are fun activities, snacks, crafts and more are provided! Previous Festive Fridays have included: Fear Factor, Olympics, Carnival and Video Game themes. This is a great opportunity for kids to kick start the weekend having a blast with their friends. We transform the REC Club into a party, with fun decorations and music. This program provides participants with an entertaining night that is special and unique to the creativity of the staff of the REC Club! Join us!

**Date:** One Friday each month; call for information

**Time:** 2 – 6 p.m.





## **SPRING VALLEY TEEN CENTER AND REC CLUB**

**838 KEMPTON STREET**

**SPRING VALLEY 91977 | 619-667-6835**

**HOURS: MONDAY – FRIDAY 2:30 – 6:30 P.M.**

**CLOSED: JULY 4**

**AGES: 10 – 17**

### **Weekly Activities**

- Arts and Crafts
- Community Service
- Journalism Class
- Gardening
- Guitar and DJ Classes
- Cooking Class
- Special Interest Clubs
- Sports and Fitness Activities
- Volunteer Projects

### **the SPOT Open Mic Night**

The SPOT is designed to give youth the opportunity to express themselves in a positive environment. Participants can dance, sing, recite poetry, perform with a band, etc. This event is open to anyone who'd like a venue to perform in – as long as their act is appropriate for all audiences (no inappropriate language or dance moves). Performers must be 18 or younger, but we encourage parents and family or friends of all ages to attend. Signups accepted until June 3.

**Date: June 17**

**Time: 6 – 8 p.m.**

### **Nature Explorers Program Surf Days**

Surf lessons will be at the beginner level for all riders and will be provided by REC Club staff. The REC Club provides transportation to and from the beach as well as lunch for participants. Participants also learn about the beach environment, natural hazards like rip currents, and how the beach is integrated into the San Diego Watershed. Permission slip must be turned in a week before trip. Participants chosen based on behavior and participation in REC Club program.

**Date: June 28, July 5**

**Time: 9 a.m. – 3 p.m.**

### **Kayaking and Key Log Rolling**

Kayak and Key Log Rolling lessons will be at the beginner level for all participants and will be provided by REC Club staff. The REC Club provides transportation to and from the beach as well as lunch. Permission slip must be turned in a week before trip. Participants chosen based on behavior and participation in REC Club program.

**Date: June 21, July 5**

**Time: 9 a.m. – 3 p.m.**

### **Hospitality and REC Days**

Work as a team to put real events together for the REC Club. Previous events included the Halloween Haunted REC, Valentine's Sweetheart Dance, and The SPOT: Hollywood Nights Open Mic Night. Teens will use computer programs to create budgets, layouts and plan activities. Attendance is very important to the success of these programs.

**Date: Mondays and Wednesdays**

**Time: 4:30 – 5:30 p.m.**



# park listings

To view park locations  
please visit the map  
on pages 16–17.

## Central San Diego

### Heritage County Park

2454 Heritage Park Row  
San Diego 92110 | 858-565-3600

### Mission Trails Regional Park

1 Father Junipero Serra Tr.  
San Diego 92119 | 619-668-3281

### Waterfront Park

1600 Pacific Hwy.  
San Diego 92101 | 619-232-PARK

### Whaley House

2476 San Diego Ave  
San Diego 92110 | 619-297-7511

## East County/Deserts

### Agua Caliente County Park

39555 Stage Route of 1849  
Julian 92036 | 760-765-1188

### Cactus County Park

10610 Ashwood St.  
Lakeside 92040 | 619-644-5492

### Campo Stone Store

31130 State Highway 94  
Campo 92006 | 619-663-1885

### El Capitan Open Space Preserve

13775 Blue Sky Ranch Rd.  
Lakeside 92040 | 619-561-0580

### El Monte County Park

15805 El Monte Rd.  
Lakeside 92040 | 619-443-1474

### Flinn Springs County Park

14787 Old Highway 80  
El Cajon 92021 | 619-561-0180

### Lake Morena County Park

2550 Lake Morena Dr.  
Campo 91906 | 619-579-4101

### Lakeside Community Center

9841 Vine St.  
Lakeside 92040 | 619-443-9176

### Lakeside Linkage Preserve

Los Coches Rd., north of Ha Hana Rd.  
Lakeside 92040 | 619-561-0580

### Lindo Lake County Park

12660 Lindo Ln.  
Lakeside 92040 | 619-443-1666

### Potrero County Park

24800 Potrero Park Dr.  
Potrero 91963 | 619-478-5212

### Spring Valley Community Center

8735 Jamacha Blvd.  
Spring Valley 91977 | 619-479-1832

### Spring Valley Gymnasium

838 Kempton St.  
Spring Valley 91977 | 619-667-6833

### Sweetwater Lane County Park

1312 Sweetwater Ln.  
Spring Valley 91977 | 619-644-5492

### Vallecito County Park

37349 Stage Route of 1849  
Julian 92036 | 760-765-1188

## East County/Mountains

### Collier County Park

626 E St.  
Ramona 92065 | 760-789-6002

### Dos Picos County Park

17953 Dos Picos Park Rd.  
Ramona 92065 | 760-789-2220

### Goodan Ranch/ Sycamore Canyon Preserve

16281 Sycamore Canyon Rd.  
Poway 92064 | 858-513-4737

### Julian Museum & Pioneer Park

2811 Washington St.  
Julian 92036 | 760-765-0227

### Louis Stelzer County Park

11470 Wildcat Canyon Rd.  
Lakeside 92040 | 619-561-0580

### Mt. Gower Preserve

17090 Gunn Stage Rd.  
Ramona 92065 | 760-788-3326

### Oak Oasis Preserve

12620 Wildcat Canyon Rd.,  
Lakeside 92040 | 619-561-0580

### Pine Valley County Park

28810 Old Highway 80  
Pine Valley 91962 | 619-473-8558

### Santa Ysabel Preserve (East)

500 Farmer Rd.  
Julian 92036 | 760-765-4098

### Santa Ysabel Preserve (West)

29510 Highway 78  
Santa Ysabel 92070 | 760-765-4098

### Volcan Mountain Preserve

1209 Farmer Rd./Wynola Rd.  
Julian 92036 | 760-765-4098

### William Heise County Park

4945 Heise Park Rd.  
Julian 92036 | 760-765-0650



## North County Coastal

### Guajome Regional Park

3000 Guajome Lake Rd.  
Oceanside 92057 | 760-724-4489

### Rancho Guajome Adobe

2210 N. Santa Fe Ave.  
Vista 92083 | 760-724-4082

### San Diego Botanic Garden

230 Quail Gardens Dr.  
Encinitas 92024 | 760-436-3036

### San Dieguito County Park

1628 Lomas Santa Fe Dr.  
Del Mar 92014 | 858-755-2386

### San Elijo Lagoon & Nature Center

2710 Manchester Ave.  
Cardiff 92007 | 760-634-3026

## South County

### Otay Lakes County Park

2270 Wueste Rd.  
Chula Vista 91915 | 619-482-7361

### Otay Valley Regional Park

2155 E. Beyer Blvd.  
San Diego 92154 | 619-424-0463

### Sweetwater Summit Regional Park

3218 Summit Meadow Rd.  
Bonita, CA 91902 | 619-472-7572

### Tijuana River Valley Regional Park

2721 Monument Rd.  
San Diego 92154 | 619-428-2946

## North County Inland

### 4S Ranch Sports Park

16118D 4S Ranch Pkwy.  
San Diego 92127 | 858-673-3900

### Del Dios Highlands Preserve

9860 Del Dios Hwy.  
Escondido 92025 | 760-745-4379

### Fallbrook Community Center

341 Heald Ln.  
Fallbrook 92028 | 760-728-1671

### Fallbrook Sports Park

2551 Olive Hill Rd.  
Fallbrook 92028 | 760-451-0012

### Felicita County Park

742 Clarence Ln.  
Escondido 92025 | 760-745-4379

### Hellhole Canyon Preserve

19324 Santee Ln.  
Valley Center 92082 | 760-742-1631

### Live Oak County Park

2746 Reche Rd.  
Fallbrook 92028 | 760-728-2303

### Los Peñasquitos Canyon Preserve

12122 Canyonside Park Dr.  
San Diego 92129 | 858-484-7504

### Santa Margarita Preserve

37385 De Luz Rd.  
Fallbrook 92028 | 760-728-2303

### Wilderness Gardens Preserve

14209 Highway 76  
Pala 92059 | 760-742-1631

## RANCHO GUAJOME ADOBE TOURS

### School Tours

Teachers can arrange school tours for their 3rd, 4th, and 5th graders by calling the park office. Tours must be arranged at least one month in advance. The Adobe tour includes a brick-making activity with a ranger. School groups are also welcome to stay and utilize the park's outdoor picnic venue.

**Date:** Wednesdays – Thursdays

**Time:** By appointment only

**Fee:** \$1 per student

### Guided Tours

Guided tours last about an hour and cover the 28-room adobe ranch house (weather permitting). Many of our docents have been providing these interpretive programs for years – each bringing a unique perspective on the history of the ranch house and of the Coutts family.

**Date:** Wednesday – Sunday  
12 p.m.

**Saturday – Sunday**  
also 2 p.m.

**Fee:** \$3

### Self-guided Tours

Grab a map and take a self-guided tour of the adobe ranch house!

**Date:** Wednesday – Sunday

**Time:** 9:30 a.m. – 4 p.m.

**Fee:** \$3 adults; \$1 children

**RANCHO GUAJOME ADOBE**  
2210 N. Santa Fe Avenue  
Oceanside, CA 92083  
760-724-4082 • [sdparks.org](http://sdparks.org)





# 2016 BACK TO SCHOOL JAM

The County of San Diego Department of Parks and Recreation, along with the Spring Valley REC Club and the County Library have partnered with Heaven's Windows and other local organizations to host the 2016 "Back to School Jam" and backpack giveaway event.

The event is scheduled to take place 7 a.m. until 2 p.m. on Friday, August 6, at the Spring Valley Gymnasium, located at 838 Kempton St. Spring Valley, CA 91977.

Enjoy music, inflatable jumps, face painting, giveaways and booths staffed by social services and other helpful community organizations. Discussions on health care and medical screenings will also be available. Even more, all attendees who are 18 or younger will be offered a delicious meal, provided by the Summer Food Service Program.



Contact Heaven's Windows at 619-303-7806 if you are interested on volunteering or donating any of the following items: school supplies, books, small gifts and groceries. You may also reach out to the Spring Valley REC Club at 619-667-6835.



## REC CLUB



The **County Parks and Recreation Activity and Program Guide** is published three times a year. Copies may be downloaded from [www.sdparks.org](http://www.sdparks.org). To place yourself on our email distribution list, visit our website to sign up. Your personal information will not be shared with, or distributed to, other organizations.



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